

*Yolo Adult Day Health Center is reminding you that.....*



## March is National Social Work Month

We have two of the best here at the Center. Thank you  
Cindy Vang and Peggy Phelps for your commitment to  
facilitating change!

### **MARCH 2014 CALENDAR OF EVENTS**

**March 8 Women Spouses Caregiver Support Group**

(Second Saturday each month) 10:30-12:30 at Atria Covell Gardens, 1111 Alvarado Avenue, Davis. This group is to support, encourage and empower women who are caring for their spouses to take care of themselves, also.

**March 10 Yolo Prostate Support Group**

7pm at Woodland Senior Center, 2001 East St., Woodland. Patricia R. Wheeler, author of the recently published book "Cancer: How to Make Survival Worth Living - Coping With Long-Term Effects of Cancer Treatment," will be the guest speaker. She will discuss the management of the persistent physical and psychological side-effects of cancer treatment. Free. For info, call Gil Walker at [530-661-6449](tel:530-661-6449) or Ray Biancalana at [530-756-6408](tel:530-756-6408).

**March 11 Caregiver Support Group**

Second Tuesday each month. 6:30-8:00 pm at Yolo Adult Day Health Center, 20 No. Cottonwood St., Woodland. This group is to support, encourage, and inform family caregivers of loved ones with memory loss. It is open to any family members or friends. No reservations are required. Just drop-in and interact with the group.

**March 12 Parkinson's Caregiver Support Group**

Second Wednesday each month - 1:30 pm at Woodland Senior Center, 2001 East St., Woodland. This new group is aimed at those caring for people who have Parkinson's.

March 14      "Conversation about Dementia"

10 am at Woodland Senior Center, 2001 East St., Woodland. This workshop, presented by the Alzheimer's Association, will offer tips on how to have honest and caring conversations with family members about common difficult conversations.

March 25      Clear Your Clutter

10 am at Davis Senior Center, 646 A St., Davis. Professional organizer Claudia Smith, of Clear Your Clutter Consulting, will present three simple steps to clear your clutter and keep your space organized. Sign up at the Davis Senior Center, [530-757-5696](tel:530-757-5696).

Thursdays      Woodland Healthcare's Caregiver Support Program

1-4 pm at Woodland Healthcare Clinic, Station 5, for Woodland Healthcare patients. One hour free consultations with Peggy Phelps, Caregiver Resource Specialist, to assess individual caregiving needs and to provide information about resources available. Call [530-668-2600](tel:530-668-2600) to schedule an appointment.

Fourth Fridays      Choices in Caring: You and Advance Care Planning

1pm at Woodland Medical Office, Education Classroom, 632 W. Gibson Road, Woodland. Join Dr. Jeffrey Yee in a discussion about your choices. For more information, call [530-668-2600](tel:530-668-2600).

## TIPS FOR CAREGIVERS

May the following principles help guide you:

- Choose to take charge of your own life. Don't let your loved one's illness or disability always take center stage.
- Honor, value and love yourself. You're doing a very hard job and you deserve some quality time just for you. Self-care is not a luxury; it's a necessity.
- Seek, accept and at times demand help. Don't be ashamed to ask for help. When people offer assistance, accept it and suggest specific things they can do.
- Be open to technologies and ideas.
- Trust your instincts.
- Grieve your losses and allow yourself to dream new dreams.
- Stand up and be counted. Stand up for your rights as a caregiver and a citizen.
- Join a support group!

## Looking for Support?

### What We Offer

Adult Day Health Care

Medical model program provides a team approach to managing complex chronic health conditions that impact independent living. Team includes patient's physician, nurses, social worker, rehabilitation specialists, recreation specialists, dietician and mental health professions.

#### **Adult Day Care**

Social model program offers program participants a stimulating and safe environment with an expertise in dementia care and family caregiver support. Center also provides specialized staff training to meet the needs of individuals with moderate to severe dementia who require additional assistance to benefit from the Center.

#### **Extended Day**

Extended day offers full day coverage (7:30 am to 5:30 pm) to assist working family caregivers.

#### **Support Groups**

Second Saturday of each month 10:30 am -12:30 pm and Second Tuesday of each month 6:30- 8:00 pm at the Center, 20 N Cottonwood Street, Woodland

#### **Care Coordination**

Care coordination services offer ongoing contact with the Care Coordination Team consisting of 2 visits per month to Yolo Adult Day Health Center for medical and psycho-social assessment with telephone support as needed.

#### **Caregiver Support Program**

The Caregiver Support Program provides direct assistance to all community caregivers by offering care coordination, counseling, support groups, workshops and consultation for alternative living situations.

#### **Senior Transportation Voucher Program (STVP)**

STVP offers vouchers to any Yolo County resident over the age of 60 who relies on YOLOBUS Special or Davis Community Transit for transportation to medical appointments, shopping or other needs.

#### **We are Grateful to our Funding Sources:**

- Partnership Healthplan of California (Medi-Cal)
- Long Term Care Insurance
- Friends of Adult Day Health Care
- Area 4 Agency on Aging
- Woodland Healthcare Foundation
- City of Davis
- Veteran's Benefits
- Yolo County Health Department

**Dignity Health: Yolo Adult Day Health Center | 20 N Cottonwood Street | Woodland, CA 95695**  
**T: [530.666.8828](tel:530.666.8828) F: [530.666.8826](tel:530.666.8826) | Website: [Yolo Adult Day Health Center](http://www.yoloadultdayhealthcenter.org)**

Woodland Healthcare respects the personal nature of e-mail communication and makes every effort to offer only information that may be of value to you. We do not share or sell our lists to any third parties. If you no longer wish to receive this newsletter, please click "Safe Unsubscribe" below.

[Forward this email](#)



This email was sent to [jholt@ych.ca.gov](mailto:jholt@ych.ca.gov) by [yadhc@dcn.org](mailto:yadhc@dcn.org) |  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).  
Yolo Adult Day Health Center | 20 North Cottonwood Street | Woodland | CA | 95695